



How to Cope with Grief



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, The Most Gracious, The Most Merciful





Assalamu'alaikum wa rahmatullahi wa barakatuhu,

We pray that this message reaches you
in good health and imaan.

On behalf of our AMAU Academy team, we would like
to present to you these compiled notes that we have
prepared to make your journey with us a lot easier.

Our notes are compiled by the AMAU Admin team
and have not been comprehensively checked
by a teacher.

If you find any errors or corrections that need
to be made, kindly inform us via our email
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May Allah make our paths toward seeking
beneficial knowledge easy and kindle our hearts
with sincerity and gratefulness
towards Him.

Jazakumullahu Khayran



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جل جلاله | Jalla Jalāluhu
Allah the Most Exalted



صلى الله عليه وسلم | Sallāllāhu Alayhi Wa Sallam
Peace and blessings of Allah be upon him



رضي الله عنه | RadiAllahu `anhu
May Allah be pleased with him

The Power of Dhikr

Chapter One

Grief and sadness (الهم) are from the soldiers (جنود) of Allah ﷻ. He tests people with them to show how they respond when they are struck with adversities and trials.

Indeed, grief is an ailment that weakens a person. It corrodes one's strength and vigour. It infiltrates the mind, causing distraction and debilitation, paving the path to depression and despair.

The Prophet ﷺ sought refuge in Allah ﷻ from grief and sorrow, imploring Him to fill his life with happiness.

In our lives, we encounter various sources of sorrow, spanning from financial difficulties and health issues to family conflicts or the burden of obsessive thoughts (OCD). Nevertheless, amidst these trials, one truth remains steadfast: we are in desperate need of Allah's guidance and support.

As the poet aptly remarked, "If you do not seek Allah's assistance, the first thing to destroy you will be your own effort."

So, what steps can one take to deal with grief and sorrow, and overcome them with the help and permission of Allah ﷻ?

Remembrance of Allah ﷻ

Dhikr of Allah ﷻ brings tranquillity to the heart, and the greatest Dhikr is the Qur'an.

Allah ﷻ says in the Qur'an:

1

الَّذِينَ ءَامَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

Those who believed, and whose hearts find rest in the remembrance of Allâh: verily, in the remembrance of Allâh do hearts find rest.

Ar-Ra'd 28

When a person intensifies his remembrance of Allah ﷻ, it is as if Allah ﷻ is with him. The support and assistance he receives from Allah ﷻ as a consequence are indescribable and unparalleled.

The Prophet ﷺ told us in a hadith:

2

يَقُولُ اللَّهُ تَعَالَى أَنَا عِنْدَ ظَنِّ عَبْدِي بِي، وَأَنَا مَعَهُ إِذَا ذَكَرَنِي [...]

"Allah says: 'I am just as My slave thinks I am, (i.e. I am able to do for him what he thinks I can do for him) and I am with him if He remembers Me [...]"

Sahih al-Bukhari 7405

In this hadith, Allah's statement "I am with him" refers to His ﷻ aid and victory being with his slave. Thus, the slave should remember Him ﷻ in every place, time and situation.

The Prophet ﷺ said in another hadith:

3

" مَثَلُ الَّذِي يَذْكُرُ رَبَّهُ وَالَّذِي لَا يَذْكُرُ مَثَلُ الْحَيِّ وَالْمَيِّتِ ."

"The example of the one who celebrates the Praises of his Lord (Allah) in comparison to the one who does not celebrate the Praises of his Lord, is that of a living creature compared to a dead one."

Sahih al-Bukhari 6407

The analogy mentioned in this hadith suggests that those who remember Allah ﷻ lead good and fulfilling lives, whereas those who neglect His remembrance may be physically alive but experience constant feelings of depression and low spirits.

Reflect upon the following lines of poetry written by the noble scholar Sheikh as-Sa'di:

كُنْ ذَاكِرًا لِلَّهِ فِي كُلِّ حَالَةٍ	فليس لذكر الله وقت مقيّد
فذكر إله العرش سرّاً ومعلناً	يُزيلُ الشَّقَا والهمَّ عنك ويطرُدُ
ويجلبُ للخيراتِ دنيا وآجلاً	وإنْ يأتِكَ الوسواسُ يوماً يُشردُ
فقد أخبر المختارُ يوماً لصحبه	بأنَّ كثيرَ الذِّكرِ في السَّبقِ مُفردُ
ووصّى معاذاً يستعين إلهه	على ذكره والشكر بالحسن يعبدُ
وأوصى لشخصٍ قد أتى بنصيحةٍ	وقد كان في حملِ الشرائعِ يجهدُ
بأنْ لا يزالَ رطباً لسانك هذه	تُعينُ على كلّ الأمور وتسعدُ
وأخبر أنّ الذِّكرَ غرسٌ لأهله	بجناتِ عدنٍ والمسكنُ مُهددُ
وأخبر أنّ الله يذكّر عبده	ومعه على كلّ الأمور يسدّدُ

Therefore, it is imperative to remember Allah ﷻ abundantly, both in private and in public, as therein lies the key to overcoming grief and sorrow.

Making Du'aa

Chapter Two

When grief and sadness weigh heavy on the servant’s heart, he should turn to making Du’aa.

Du’aa has the power to grant one's wishes, with Allah's permission. If you beg Allah ﷻ to remove your sadness and distress, He will respond to you and relieve you of your burden.

Allah ﷻ assures us in the Qur’an:

1

وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ ۖ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ ۖ فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا بِي لَعَلَّهُمْ يَرْشُدُونَ

And when My slaves ask you (O Muhammad صلى الله عليه وسلم) concerning Me, then (answer them), I am indeed near (to them by My Knowledge). I respond to the invocations of the supplicant when he calls on Me (without any mediator or intercessor). So let them obey Me and believe in Me, so that they may be led aright.

Al-Baqarah 186

“

DU’AA IS

THE WEAPON

OF A BELIEVER.

”

If you obey Allah ﷻ and follow His religion, He will guide you.

Allah ﷻ says:

2

وَقَالَ رَبُّكُمُ ادْعُونِي أَسْتَجِبْ لَكُمْ ۚ إِنَّ الَّذِينَ يَسْتَكْبِرُونَ عَنْ عِبَادَتِي سَيَدْخُلُونَ جَهَنَّمَ دَاخِرِينَ

And your Lord said: "Invoke Me, I will respond to your (invocation). Verily! Those who scorn My worship, they will surely enter Hell in humiliation!"

Ghafir 60

Thus, the path to relief lies not in self-reliance or arrogance, but in humbling oneself and begging Allah the Almighty.

Who is the One who responds to the call of the distressed and removes harm from him? Undoubtedly, it is only Allah ﷻ.

After class, you will notice that the first draft of your notes is quite messy with lots of ellipses, exclamation marks, and margin notes. To begin the process of organising your notes, you have to clean them up.

1 Du’aas to Overcome Grief and Sadness

The Prophet ﷺ guided us to memorise Du’aas that can cure grief and sorrow.

● First Du’aa

اللهمّ إني عبدك ، و ابنُ عبدك ، و ابنُ أمتك ، ناصيتي بيدك ، ماضٍ فيّ حكمك
عدلٌ فيّ قضاؤك ، أسألك بكلِّ اسمٍ هو لك سميتَ به نفسك ، أو علمته أحدا من
، خلقتك ، أو أنزلته في كتابك ، أو استأثرت به في علم الغيب عندك
أن تجعل القرآن ربيع قلبي ، و نور صدري ، و جلا حزنِي ، و ذهاب همِّي

Allāhumma innī `abduk, ibnu `abdik, ibnu amatik, nāsiyatī biyadik,
māḍin fiyya ḥukmuk, `adlun fiyya qaḍā’uk, as'aluka bikullis'min huwa lak,
sammayta bihi nafsak, aw anzaltahu fī kitābik, aw `allamtahu aḥadan
min khalqik, aw'ista'tharta bihi fī `ilmil-ghaybi `indak, an taj`ala 'l-
Qur'āna rabī`a qalbī, wa nūra ṣadri, wa jalā'a ḥuznī, wa dhahāba hammī.

O Allah, I am Your slave, and the son of Your male slave, and the son of your female slave. My forehead is in Your Hand (i.e. you have control over me). Your Judgement upon me is assured, and Your Decree concerning me is just. I ask You by every Name that You have named Yourself with, revealed in Your Book, taught any one of Your creation, or kept unto Yourself in the knowledge of the unseen that is with You, to make the Qur'an the spring of my heart, and the light of my chest, the banisher of my sadness, and the reliever of my distress.

Virtue

Allah will take away (the servant’s) sorrow and grief, and replace them with joy.

● Second Du’aa

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

Lā ilāha illā anta subḥānaka innī kuntu minaz-ẓālimīn.

There is none worthy of worship except You, Glory to You,
Indeed, I have been of the transgressors.

Virtue

No believing Muslim supplicates with it for anything, ever, except Allah responds to him.

After class, you will notice that the first draft of your notes is quite messy with lots of ellipses, exclamation marks, and margin notes. To begin the process of organising your notes, you have to clean them up.

1 Du’aas to Overcome Grief and Sadness

The Prophet ﷺ guided us to memorise Du’aas that can cure grief and sorrow.

● Third Du’a

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْجُبْنِ وَالْبُخْلِ،
وَضَلَعِ الدَّيْنِ، وَغَلَبَةِ الرِّجَالِ

Allāhumma 'innī 'a`ūdhu bika mina 'l-ḥammi wa 'l-ḥuzn, wa 'l-`ajzi wa 'l-kasal, wa 'l-bukhli wa 'l-jubn, wa ḡala`id-dayn, wa ghalabatir-rijāl.

O Allah, I seek refuge in you from grief and sadness, from weakness and from laziness, from miserliness and from cowardice, from being overcome by debt and overpowered by men (i.e. others).

● Fourth Du’aa

لَا إِلَهَ إِلَّا اللَّهُ الْعَلِيمُ الْحَلِيمُ لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ لَا إِلَهَ إِلَّا اللَّهُ
رَبُّ السَّمَوَاتِ وَرَبُّ الْأَرْضِ رَبُّ الْعَرْشِ الْكَرِيمِ

Laa ‘ilaaha ‘illallaahul-Adheemul-Haleem, laa ‘ilaaha ‘illallaahu Rabbul-‘Arshil-‘Adheem, laa ‘ilaaha ‘illallaahu Rabbus-samaawaati wa Rabbul-‘ardhi wa Rabbul-‘Arshil-Kareem.

None has the right to be worshipped except Allah, the Tremendous One, the Forebearing. None has the right to be worshipped except Allah, the Lord of the tremendous Throne. None has the right to be worshipped except Allah, the Lord of the heavens, and the Lord of the earth, and the Lord of the honourable Throne.

Virtue

The Prophet ﷺ used to say this Du’aa when he was in distress.

● Fifth Du’aa

اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا

Allah! Allahu Rabbi la ushriku bihi shay’an.

Allah, Allah is my Lord, I do not associate anything with Him.

Sending Salutations Upon the Prophet ﷺ

Chapter Three

Another effective remedy for grief lies in sending peace and salutations upon the Prophet ﷺ.

It has been narrated in a hadith:



عَنْ أَبِي بِنِ كَعْبٍ قُلْتُ يَا رَسُولَ اللَّهِ إِنِّي أَكْثَرُ الصَّلَاةِ عَلَيْكَ فَكَمْ أَجْعَلُ لَكَ مِنْ صَلَاتِي فَقَالَ مَا شِئْتَ قُلْتُ الرَّبْعَ قَالَ مَا شِئْتَ فَإِنْ زِدْتَ فَهُوَ خَيْرٌ لَكَ قُلْتُ النِّصْفَ قَالَ مَا شِئْتَ فَإِنْ زِدْتَ فَهُوَ خَيْرٌ لَكَ قُلْتُ فَالثُّلُثَيْنِ قَالَ مَا شِئْتَ فَإِنْ زِدْتَ فَهُوَ خَيْرٌ لَكَ قُلْتُ أَجْعَلُ لَكَ صَلَاتِي كُلَّهَا قَالَ إِذَا تَكْفَى هَمَّكَ وَيُغْفِرُ لَكَ ذَنْبَكَ

Ubayy ibn Ka'b reported: I said, "O Messenger of Allah, I send blessings upon you often. How many of my prayers should be for blessings upon you?" The Prophet ﷺ said, "As you wish."

I said, "A fourth?" The Prophet ﷺ said, "As you wish, but more is better for you."

I said, "A half?" The Prophet ﷺ said, "As you wish, but more is better for you."

I said, "Two-thirds?" The Prophet ﷺ said, "As you wish, but more is better for you."

I said, "Should I say all of my prayers for blessings upon you?" The Prophet ﷺ said, "If so, your worries will be resolved, and your sins will be forgiven."

Sunan al-Tirmidhī 2457

Imam at-Tirmidhi graded this hadith as "Hasan."

Thus, increasing the sending of salutations upon the Prophet ﷺ is another way to alleviate sadness and grief.

Finding Comfort in Salah

Chapter Four

“

Salah is one of the greatest acts of worship
and a powerful remedy for
GRIEF, SADNESS AND DEPRESSION

”

1 How is It a Cure?

Salah is an act of communication with our Lord. Through prayer, we establish a connection with Allah ﷻ, seeking His help to rid ourselves of grief and its harms, and asking for His blessings.

The Prophet ﷺ taught us that Salah is a means of removing sadness.

Allah ﷻ told us in the Qur'an:

1

يَا أَيُّهَا الَّذِينَ ءَامَنُوا اسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ ۚ إِنَّ اللَّهَ مَعَ الصَّابِرِينَ

O you who believe! Seek help in patience and As-Salât (the prayer). Truly! Allâh is with As-Sâbirûn (the patient).

Al-Baqarah 153

Allah ﷻ also said in His Book:

2

إِنَّ الْإِنْسَانَ خُلِقَ هَلُوعًا ۚ ١٩ إِذَا مَسَّهُ الشَّرُّ جَزُوعًا ۚ ٢٠ وَإِذَا مَسَّهُ الْخَيْرُ مَنُوعًا ۚ ٢١ إِلَّا الْمُصَلِّينَ ۚ ٢٢ الَّذِينَ هُمْ عَلَى صَلَاتِهِمْ دَائِمُونَ

Verily, man (disbeliever) was created very impatient; Irritable (discontented) when evil touches him; And niggardly when good touches him. Except those who are devoted to Salât (prayers) - Those who remain constant in their Salât (prayers).

Al-Ma'aarij 19-23

Those who neglect Salah often find themselves distressed and depressed. Conversely, those who are consistent in their prayers are protected from such harm.

Whenever the Prophet ﷺ felt distressed or saddened, he would hasten to pray. He would say to Bilal:

1

قُمْ يَا بِلَالُ فَأَرِحْنَا بِالصَّلَاةِ

Stand, O Bilal, and comfort us with the prayer.

Sunan Abi Dawood 4986

For the Prophet ﷺ, Salah was a source of comfort and relaxation.

Giving Sadaqah

Chapter Five

If you want Allah ﷻ to alleviate your burden of grief, hasten to alleviate the burdens of His servants by offering them financial assistance.

The Prophet ﷺ emphasised the profound impact of charity on both the giver and the recipient.

In a hadith preserved in Sahih Muslim, he ﷺ declared:



مَنْ نَفَّسَ عَنْ مُؤْمِنٍ كُرْبَةً مِنْ كُرْبِ الدُّنْيَا نَفَّسَ اللَّهُ عَنْهُ كُرْبَةً مِنْ كُرْبِ يَوْمِ الْقِيَامَةِ
وَمَنْ يَسَّرَ عَلَى مُعْسِرٍ يَسَّرَ اللَّهُ عَلَيْهِ فِي الدُّنْيَا وَالْآخِرَةِ [...] وَاللَّهُ فِي عَوْنِ الْعَبْدِ مَا
كَانَ الْعَبْدُ فِي عَوْنِ أَخِيهِ [...]

“Whoever relieves the hardship of a believer in this world, Allah will relieve his hardship on the Day of Resurrection. Whoever helps ease one in difficulty, Allah will make it easy for him in this world and the Hereafter. [...] Allah helps the servant as long as he helps his brother” [...]

Sunan Abi Dawood 4986

Relieving the financial burdens of other Muslims, forgiving their debts, and extending generosity in times of need embody significant goodness. Such acts of kindness are met with divine favour, as Allah ﷻ promises to alleviate the distress and burdens of those who show compassion and mercy towards their Muslim brothers.

The act of giving Sadaqah also falls within this principle.

Pondering Over the Blessings of Allah ﷻ

Chapter Six

Alhamdulillah, praise be to Allah ﷻ, from whom all blessings flow.

In your quest to repel grief and find solace in the face of adversity, one of the most potent tools at your disposal is gratitude. By reflecting on the abundant blessings bestowed upon you by Allah ﷻ, you can shift your focus from what you lack to what you have, thus dispelling distress and inviting contentment into your life.

Consider this: if you have lost your job or are unable to find one, you still have much more than many others, such as good health, safety, a home, and the provision of food, water, and the air you breathe.

Every moment of your life is surrounded by the favours of Allah ﷻ.

Even in times of trial and tribulation, there are countless blessings to be grateful for, if only one takes the time to recognize them.

Sheikh as-Sa'di wrote in his book Al-Wasaa'il al-Mufeedah li al-Hayaati as-Sa'eedah, "Every time a person contemplates the apparent and hidden blessings of Allah ﷻ, be they religious or worldly, he will find that Allah ﷻ has given him much good and repelled much harm (from him). Remembering this is one of the things that repels sadness and distress and brings about happiness and joy."

Allah ﷻ said in the Qur'an:

1

[...] وَأَسْبَغَ عَلَيْكُمْ نِعَمَهُ ظَهْرَهُ وَبَاطِنَهُ [...]

[...] and [He has] amply bestowed upon you His favours, [both] apparent and unapparent? [...]

Surah Luqman 20

Learn to be pleased with whatever Allah ﷻ has given you. You never know why He chose to give you something you dislike, and you cannot imagine how much harm He has been averting from you.

What you see is only a pixel, while Allah ﷻ sees the entire picture.



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